

Why eat a variety of colorful fruits and vegetables every day?

Color is proof that—besides vitamins, minerals, fiber, and flavor—your meals and snacks provide powerful phytonutrients. These colorful plant chemicals seem to help the body fight disease, and some help to slow the signs of aging. Choosing different colors also helps you get the 5 to 9 daily servings of fruits and vegetables that your body needs for good health. A plant's color gives a clue to its health benefits. Check out the chart below.

Color	Some Sources	Benefits
Blue/purple	Purple grapes, dark raisins, plums, blueberries, purple cabbage, dried plums	May reduce the risk of cancer, heart disease, and complications from diabetes. May help control high blood pressure and slow some effects of aging.
Red	Tomatoes, tomato products (spaghetti sauce, tomato juice, etc.), watermelon, guavas Cherries, strawberries, beets, red apples, red onion	May reduce the risk of certain types of cancer. May reduce the risk of cancer, heart disease, and complications from diabetes. May help control high blood pressure and slow some effects of aging.
Dark Orange	Mangos, sweet potatoes, cantaloupe, carrots, apricots, butternut squash	May reduce the risk of cancer and heart disease. Helps maintain good vision and strengthens the immune system.
Yellow-Orange	Oranges, grapefruit, papaya, nectarines, pears	May reduce the risk of cancer and heart disease. May strengthen bones and teeth, help the body heal wounds, keep skin healthy, and maintain eyesight.
Yellow-Green	Spinach, collard greens, kiwifruit, romaine lettuce, green peas	Helps maintain eyesight and may reduce the risk of vision problems common in later life.
Green	Broccoli, green cabbage, Swiss chard, bok choy	May reduce the risk of cancer and help the body get rid of cancer-causing chemicals.
White	Onions, garlic, leeks, scallions, chives	May reduce the risk of cancer, heart disease, and infection. May help lower high cholesterol and control high blood pressure.



The California 5 a Day Campaign is administered in part by the Public Health Institute. It is led by the California Department of Health Services in cooperation with the National 5 A Day Partnership.

For more information, visit us at:

www.ca5aday.com

1-888-EAT-FIVE



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**Eat
5 A Day
The
California
Way**

It's So Easy.



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California Department of
Health Services



Garden Harvest Salad

Makes 4 servings
1 cup per serving

Ingredients

- 2 cups salad greens of your choice, such as romaine lettuce, spinach, and red leaf lettuce
- 1 cup chopped vegetables of your choice, such as tomatoes, cucumbers, carrots, and green beans
- 1 cup fresh orange segments or canned* pineapple chunks, drained

- $\frac{1}{4}$ cup Dynamite Dressing**
- 2 tablespoons raisins
- 2 tablespoons chopped nuts, any kind

**Dynamite Dressing

- $\frac{1}{4}$ cup fruit-flavored nonfat yogurt
 - 1 tablespoon orange juice
 - $1\frac{1}{2}$ teaspoons white vinegar
- In a small bowl, mix dressing ingredients together. Refrigerate until ready to serve.

Preparation

- Put mixed salad greens on a large platter or in a salad bowl.
 - In a large bowl, mix chopped vegetables and orange segments or pineapple chunks. Add dressing and stir.
 - Spoon vegetable mixture over salad greens.
 - Top with raisins and nuts. Serve.
- *Canned fruit packed in 100% fruit juice

Nutrition Information Per Serving

Calories	90
Carbohydrate	15 g
Protein	3 g
Total Fat	3 g
Cholesterol	0 mg
Sodium	35 mg
Fiber	3 g



Tortilla Pizzas

Makes 6 pizzas
1 pizza per serving

Ingredients

- 12 small corn or flour tortillas
- Vegetable oil or margarine
- 1 can (16 ounces) refried beans
- $\frac{1}{4}$ cup chopped onion
- 2 ounces fresh or canned green chili peppers, diced
- 6 tablespoons red taco sauce
- 3 cups chopped vegetables, such as broccoli, mushrooms, spinach, and bell pepper
- $\frac{1}{2}$ cup (2 ounces) shredded part-skim mozzarella cheese
- $\frac{1}{2}$ cup chopped cilantro (optional)

Preparation

- Brush one side of each of two tortillas with water. Press the wet sides of the tortillas together to form a thick crust for the pizza.
- Brush the outside of the tortillas with a small amount of oil or margarine. Evenly brown both sides in a heated frying pan. Repeat with the rest of the tortillas. Set aside.
- Heat refried beans, chopped onion, and half of the diced chili peppers together in a medium saucepan, stirring occasionally. Remove from heat.
- Spread about $\frac{1}{3}$ cup of the bean mixture on each tortilla pizza. Sprinkle with 1 tablespoon of taco sauce, then top with $\frac{1}{2}$ cup of the chopped vegetables, 1 teaspoon of diced chili peppers, and 1 tablespoon of shredded cheese for each pizza.
- Return to frying pan and heat until cheese melts. Top with cilantro, if desired. Serve immediately.

Nutrition Information Per Serving

Calories	240
Carbohydrate	42 g
Protein	10 g
Total Fat	5 g
Cholesterol	10 mg
Sodium	470 mg
Fiber	8 g

What Is A Serving?

1
medium-sized fruit
or vegetable

$\frac{1}{2}$
cup fresh, frozen, or
canned* fruits or
vegetables

*canned fruit packed in
100% fruit juice

1
cup salad greens

$\frac{3}{4}$
cup 100% fruit or
vegetable juice

$\frac{1}{4}$
cup dried fruit



Vegetable and Chicken Stir-Fry

Makes 6 servings
 $1\frac{1}{2}$ cups per serving

Ingredients

- $\frac{3}{4}$ pound boneless, skinless chicken breasts, cut in thin strips
- 2 cloves garlic, minced
- 2 teaspoons vegetable oil
- 10 cups fresh or frozen vegetables of your choice, such as broccoli florets, snow peas, shredded cabbage, chopped bell pepper, chopped onion, sliced mushrooms, and chopped jicama

- Stir-fry sauce*
- 3 cups hot cooked rice

*Stir-Fry Sauce

- 3 tablespoons low-sodium soy sauce
 - 1 tablespoon rice vinegar or cider vinegar
 - 2 teaspoons sesame oil
 - 2 teaspoons cornstarch
- In a small bowl, mix sauce ingredients together.

Preparation

- In a large skillet or wok, stir-fry chicken and garlic in hot oil until browned.
- Add vegetables, cover and cook 5 minutes (longer if vegetables are still frozen), stirring occasionally. Cook until vegetables are tender but still crisp.
- Stir in sauce; cook until sauce thickens.
- Serve over warm rice.

Budget Savers

Eating 5 to 9 servings of fruits and vegetables every day doesn't have to break your budget. Stretch your food dollars with weekly specials, and shop for fresh fruits and vegetables in season at the grocery store and farmers' market. To locate a farmers' market near you, go to:

<http://farmersmarket.ucdavis.edu>

The convenience and great taste of canned, frozen, juiced, and dried fruits and vegetables can be yours all year long. They make it easy to eat your 5 to 9 servings each day!

